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## **AN APPLICATION OF TRANSPERSONAL EXPERIENCE: HEMI-SYNC® JOURNEYS**

*by Andrea T. Berger*

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During my GATEWAY VOYAGE in 2003, I became acquainted with the Hemi-Sync Focus levels: Focus 10 (mind awake, body asleep), Focus 12 (expanded awareness), Focus 15 (“no time” level, where creation and manifestation is abundant), and Focus 21 (the bridge to other, nonphysical energy systems). By exploring different states of consciousness through direct experience, I was able to open my heart and mind and understand in greater depth the nature of my own reality and relationship to the universe as well as learn several methods to communicate with my inner guidance and enhance my creativity in order to manifest Here, in the physical plane, what I saw and learned There.

LIFELINE exposed me to higher focus levels: Focus 22 (where humans still in the physical have partial consciousness), Focus 23 (inhabited by humans who have recently exited physical existence and have not adapted to the change), Focus 25 (the Belief System territories, where some who have exited the physical are stuck in a particular belief system), and Focus 27 (the Reception Center, or Park, designed to ease the trauma and shock of the death transition and to assist the newly deceased in evaluating options for their next steps in growth and development). Becoming familiar with those levels of existence and learning to offer assistance to those I met there also gave me an opportunity—to retrieve long-lost parts of myself and to learn in the process that death should not be feared.

TIMELINE explored in depth Focus 15, a state of “no time.” The program was developed in recent years by Lee Stone, an experienced TMI trainer, with the goal of guiding participants through a “step-by-step process of knowing [their] higher purpose in life and offering [them] new insights into how to fulfill it.” Revisiting key events from the early years of one’s current life

uncovers and releases old beliefs or recurring emotions that have been limiting or obstructing progress. Then we explored other lives to gain a new understanding of the origins of current life issues. During a meditation, I met my future wise Self at the end of my current life. From that beautiful light-being I learned what I came here to accomplish, saw key events of my life, and learned the approximate time of my death. The future, interestingly, is not set in stone. The possible scenarios are many and varied.

During the *EXPLORATION 27* program, Focus 27 is visited extensively. All participants are encouraged to link up their energy and “travel” as a group. I had extended communications with the residents there, including my own I-There—an energetic composite of all my personalities and experiences from other lifetimes—who provided me with information about our planet, the universe, and myself. We were encouraged to retrieve historical data regarding Focus 27, investigate artifacts, and explore new ideas for application to physical creations here. Focus 27 has many functions: the Reception Center, the Education Center, the Healing & Regeneration Center, the Planning Center, and the Coordination Center.

For example, the Planning Center serves multiple purposes, such as planning other lives on Earth or in other life systems, monitoring the Earth for troubles/opportunities, and providing intervention/squad teams for dealing with unpredictable issues. Other life systems also exist, in addition to Earth, and they communicate with each other via the Coordination Center.

It was exciting to visit the Healing & Regeneration Center, where I was able to observe various healings. For example, a young girl and a young woman were treating a frightened little girl who had died traumatically. They gave her some “energy” toys that healed her when she touched and hugged them. Then I received a personal healing session, during which I lay down in a white gel-like substance while white energy beings worked on my shoulders and neck.

The Education Center featured several layers of learning. Some people were studying music; others, arts; others, sciences; and others, healing, in a relaxed and joyful atmosphere. I understood that many people remember talents and skills learned in the Education Center once on Earth. I met guides who gave me several energy “gifts” in my hands, heart, and head, increasing my energy vibration and intensity. They told me to continue as a spiritual guide/teacher and gave me ideas on how to best use my talents. There was a feeling of being very powerful, loving, and able to access the right knowledge at the right time.

We also visited the center of the Earth and interacted with the Mother Earth/Gaia consciousness, whose energy is grounding, nurturing, and so alive and connected to our solar system and galaxy.

The program concluded in Focus 34/35, which is the area of “The Gathering” described by Robert Monroe in *Far Journeys*. There we were greeted by “friends from beyond.” Most of

them did not look human, but they felt related to us, part of the same family. They shared their names and showed me where they are from on a map of the universe. They are observing Earth closely. They are here to witness an “event” (like a birth of a new energy) that may affect the Earth as well as adjoining energy systems and are willing to help, if asked. I sensed that they are waiting for all their “parts” to arrive, some from the Earth Life System, some from other life systems. Once complete, the energy of the Gathering will transform/renew itself and move on to another level. This Gathering is not unique: there are others out there at various levels, continuously growing and changing. They will continue to merge and become more and more complete until they are all One, All That Is.

*EXPLORATION 27* elevated my perspective by many levels. I was able to see more of the larger picture and to realize that I am much more than my current personality—a part of the Gathering, a part of All That Is. Key words that characterize my learning are: disseminate; commune; give and receive; connect; part/whole; big/small; together; love. It became clear that our plans adjust constantly and that our intentions determine who we are and how the plan ultimately manifests.

During the *STARLINES* program, our progress toward kosmic consciousness—a term used by Ken Wilber—continued. According to Wilber, as our sense of identity expands we go from identifying with our own organism (me) to identifying with our family, group, nation (us) to finally identifying with all beings/energies in the universe (kosmic consciousness). Continuing to reclaim and integrate parts of Self and discover our relationship with other life forms, we used the energy of the Gathering (F34/35) as a starting point for further explorations of life and consciousness beyond the Earth/Human realm. There are parallels between outer space exploration and inner space explorations (as without, so within, and vice-versa). For instance, the central point of our galaxy has higher energy frequencies that seem to lead to higher states of consciousness and Self-Integration. While scientists believe that the Galactic Core may be a “black hole,” drawing matter into it, consciousness explorers suggest that it may be a major consciousness portal or stargate.

Franceen King (senior TMI residential trainer) developed *STARLINES* in 2003 and included some new Focus levels, F42–49, which include Hemi-Sync binaural beats mixed with NASA cosmic sounds (radio waves translated into audible form). Hubble Telescope images aided our journeys.

According to Robert Monroe, there are “octaves” of consciousness, i.e., Focus 21–28, 35–42, and 42–49, each representing a particular theme. In F28–35, the theme is gathering awareness of the I-There, an organized collection of personalities and life experiences existing beyond time/space. This is similar to the idea of an Oversoul or Higher Self in some philosophical systems, e.g., Jane Roberts’ Oversoul Seven Trilogy. In F35–42, one gathers awareness of the I-There Cluster (an organized collection of bonded/related I-Theres, with

awareness of the purposes and relationships of the I-Theres of which it is composed). In F42–49, the theme is gathering awareness of the nearby portion of the “Sea of I-There Clusters” (a seemingly infinite set of I-There clusters) and future pathways to the Source, Great Emitter, or All That Is. It is interesting to note the parallels between the I-There and a galaxy (a collection of star systems); between I-There clusters and galaxy clusters; and between the Sea of I-There Clusters and galaxy superclusters (a collection of several clusters of galaxies).

Our group traveled in an energetic “spaceship” called Voyager 8. In it, we explored the solar system, familiarizing ourselves with the individual consciousness of each planet, as well as the group consciousness of the entire solar system. They are connected to each other, although each has a unique energy signature. Saturn felt heavy, while Neptune and Uranus had a pleasant, light energy. I made contact with my I-There (a bright energy swirl) and was open to perceive whatever was essential to me. I got the impression that the planets enjoyed mixing their energies in a dance/flow and that we humans are key “pollinators” in that process.

With the aid of F42 Hemi-Sync frequencies, we traveled to the Alpha Centauri and Sirius star systems. Alpha Centauri had lots of planets circling in a doughnut-shaped belt around two suns. The beings there (angular, short limbed) were very friendly (their energy felt like part of my I-There cluster), and they showed me around. They seemed to have a “pair” consciousness, though they can also function alone with some difficulty. Sirius felt empty and desolate. The custodian energy-being there told me that Sirius’s many planets were destroyed by war and natural disasters. Many Sirians left and settled/incarnated in the neighboring star systems, including Earth and Alpha Centauri. I felt deep compassion, love, and a desire to heal the entire area. On another trip, we visited Arcturus, which felt heavy/low in energy and old. The Pleiades was a very familiar energy. There seemed to be several civilizations able to “teleport” themselves and their large ships from one planet to another via laser telescope-type equipment. The beings there were golden/orange, very thin, with triangular faces and slanted eyes, and resembled one of my guides. Orion felt like a sort of United Nations—the government of our galactic neighborhood—with ambassadors from many star systems, including ours. We were introduced to an energetic multidimensional space station, called “Alpha Squared,” that symbolized our I-There cluster in the Sea of I-There Clusters. It appeared as a cylinder full of energy swirls (I-Theres) bonded to each other, transferring and homogenizing their energy, and thus bonding with more I-Theres. Eventually, they all click into one piece and become a fully formed I-There cluster. The process is similar when I-There clusters eventually form a sea of clusters.

The next stop was some of the pulsars in the Milky Way. The millisecond pulsar felt familiar to me and very nurturing. The being there took me into an octagonal room with a large white crystal in the center and explained that pulsars are the communication centers of our galaxy; they are like flashing neurons in the body, forming the nervous system of the galaxy and exchanging energy/information within the galaxy but also with neighboring galaxies. I

perceived the entire galaxy as a sentient organism and part of a larger organism—the Universe. Nonphysical travel throughout the universe at the speed of thought is much faster than the speed of light and takes advantage of several shortcuts/portals. One can travel very quickly to the center of the galaxy by hopping from pulsar to pulsar, as the millisecond pulsar is relatively close to the galactic core. I got the image of a galactic “bee” disseminating energy from one part of the galaxy to another, a function that seems to be important for spiritual growth and integration. F49 Hemi-Sync signals took us to the galactic core. The experience was almost indescribable. It was expansive, peaceful, loving, blissful, enlightening, and much, much more. I lost the notion of “me” and felt one with the galaxy. The galactic core—a funnel of colorful energy swirls—sucked me in, and I sensed Andromeda, our neighboring galaxy. It also felt familiar, part of the same organism. My spiritual growth during STARLINES felt exponential, as I experienced firsthand the cosmic consciousness, identifying with our galaxy and beyond. I credit TMI programs for my decision to pursue a degree in transpersonal studies, to further my formal education in the consciousness field.

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